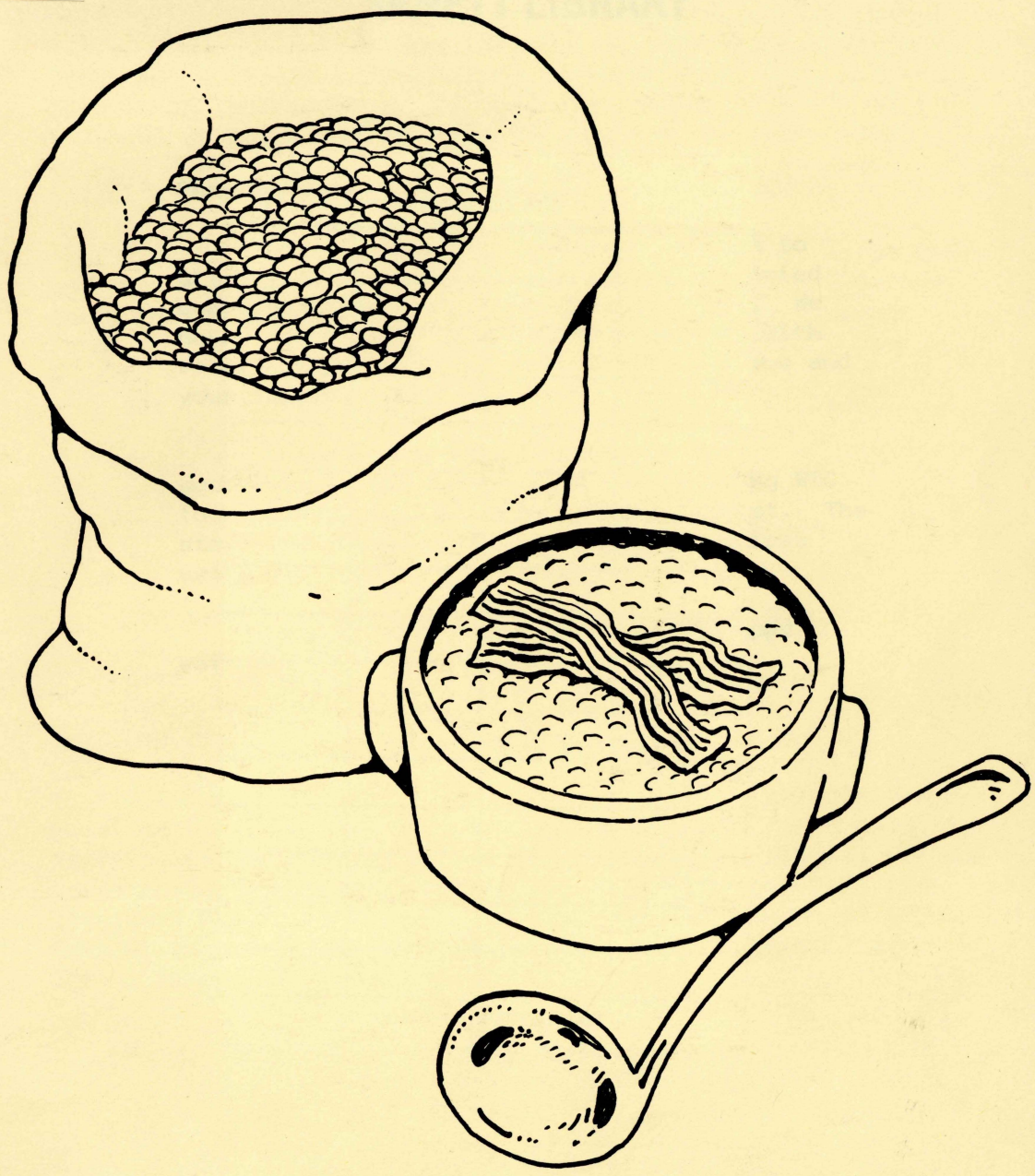


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The WIC Bean Book

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Dear Reader,

The WIC Bean Book has been written to give you some ideas of ways to use the dried beans and peas that are supplied by WIC. We hope this information will make cooking with beans and peas fun and interesting for you and your family.

These recipes have come from many sources. If you know a good recipe using WIC food, tell your WIC nurse or nutritionist. The staff are always interested in good recipes using WIC foods.

Good luck with the recipes and happy eating.

The WIC Staff

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USING DRIED BEANS AND PEAS IN YOUR DIET

Dried beans and peas can be a tasty and nutritious part of your family's meals. They are a good, inexpensive source of nutrients. Not only are they low in fat, cholesterol and salt, but they are a good source of protein and iron. Protein is an important part of your diet, especially if you are pregnant or breastfeeding, because you are nourishing your growing baby. Protein is also an important part of your infant's or child's diet because he or she is growing so quickly.

The WIC Program has approved a wide variety of dried beans and peas for purchase with your WIC checks. Only dried beans and peas in a box or bag are allowed for purchase: canned beans such as pork and beans are not approved by WIC.

The types of dried beans that are approved include:

Black Beans	Pinto Beans
Kidney Beans	Soy Beans
Lima Beans	Small White or Red Beans
Navy Beans	Yellow-eye Beans

The types of dried peas that are approved include:

Black-eyed Peas	Split Peas (Green)
Chick Peas	Split Peas (Yellow)
Cow Peas	Lentils

Consider using dried beans and peas if you are concerned about getting the best buy for your food dollar. For example, a plain medium-sized hamburger (3 ounces cooked weight) without a roll will cost about 40¢ today. One and one-half cups of kidney beans will provide you with the same amount of protein as the hamburger, but with a cost of only about 15¢. That's some saving.

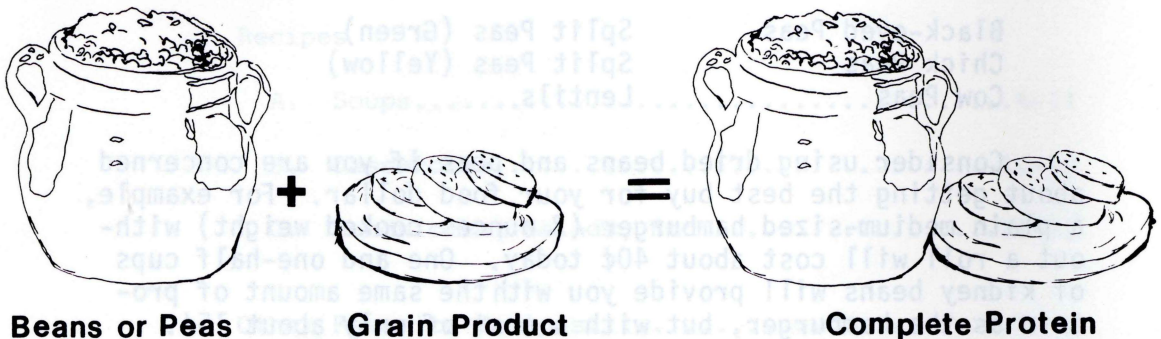
THE KEY TO HIGH QUALITY PROTEIN

Meat, eggs, milk and cheese are all "complete" proteins. This means that they have all the ingredients necessary to supply your body's need for protein. Dried beans and peas only have some of the necessary ingredients. To complete the picture, it is important to complement the beans or peas in your meal with other types of food.

Some examples of "complete protein" bean and grain combinations include:

Dried Beans or Peas + Grain Product = Complete Protein

Baked Beans	+	Brown Bread
Kidney Beans	+	Rice
Pinto Beans	+	Cornbread
Black-eyed Peas	+	Rice
Split Pea Soup	+	Biscuits
Pinto Beans	+	Tortillas



The addition of milk, eggs, meat or cheese completes the picture. Experiment and find your own favorite combinations of bean or peas and foods made from grains.

PREPARING DRIED BEANS AND PEAS FOR COOKING

There are many different kinds of dried beans and peas. They are simple to prepare -- all it takes is a little bit of planning ahead. Here are several methods to prepare the beans for cooking. How much time you have will determine the method you use.

Overnight Method - Wash and sort the beans, removing stones or dirt. Next, put them in a large pot and add 6 cups of water for each pound of beans. Let stand 6-8 hours or overnight in a cool place. This method uses less water when cooking and cooking time is reduced. After soaking, cook as directed or use in recipe requiring cooking.

Quick Soak Method - If you are in a rush, use this method. Clean and sort the beans, then put them in a pan with 6 cups of water for each pound of beans. Boil for 2 minutes, then remove from the heat. Cover and let set for 1 hour. The beans are now ready to be cooked or used in recipes requiring cooking time.

Pressure Cooker - Pressure cookers speed the cooking process. Place cleaned beans in the cooker, add water, cover and cook. Check your instruction book for more information on cooking times. For example, it only takes pinto beans 25 minutes to cook in a pressure cooker, but they take 2 hours on the stove.

To wash dried beans and peas, place quantity to be used in a colander and rinse thoroughly with clear warm water being careful to remove any stones or other debris.

PREPARING. . . .(cont'd)

Different kinds of beans require different cooking times. The following chart is for use with beans after they have been soaked.

	<u>Water</u>	<u>Cooking Time</u>	<u>Yield</u>
1 cup Black-Eyed Peas or Lentils	3 cups	1 hr.	2 cups
1 cup Kidney or Navy Beans	3 cups	1½ hrs.	2 cups
1 cup Pinto Beans	3 cups	2½ hrs.	2 cups
1 cup Lima Beans	2 cups	1½ hrs.	2 cups
1 cup Great Northern Beans	3½ cups	2 hrs.	2 cups
1 cup Soy or Garbanzo Beans	4 cups	3+ hrs.	2 cups

Add additional water during cooking, if needed.

Hints

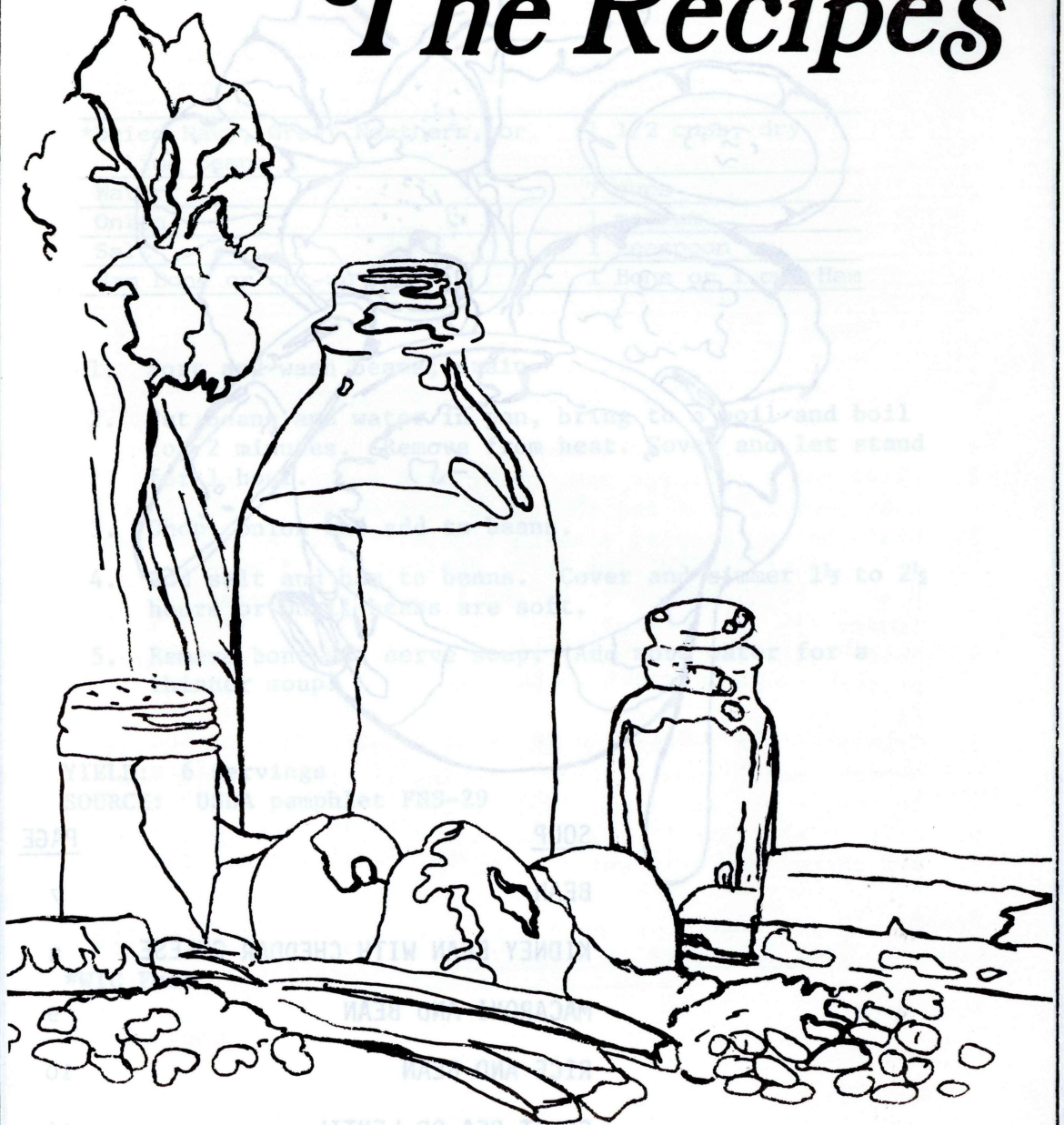
Any of the following may be added during the last ½ hour of cooking: minced onion, garlic or green pepper; diced carrots or celery, chopped tomatoes or cooked meat.

Acids slow the cooking process. For that reason, add tomatoes, wine, vinegar or lemon juice after the beans are tender.

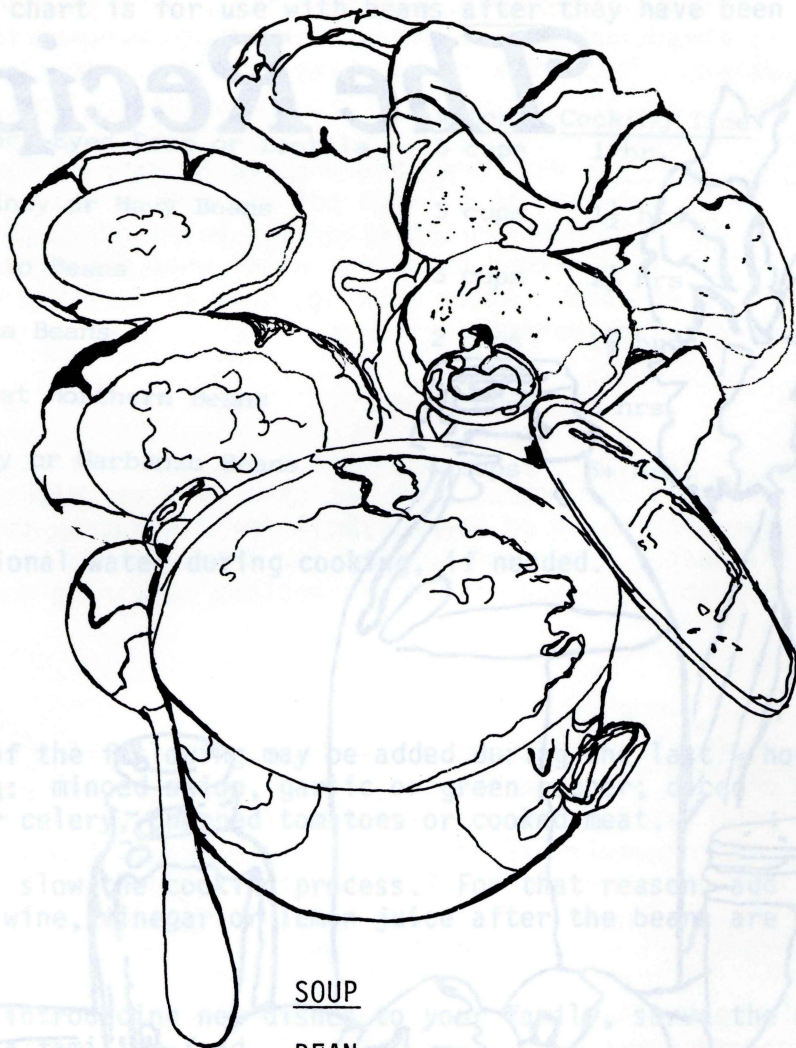
When introducing new dishes to your family, serve the new food with a familiar food.

Making quantities of these dishes is a great idea because they can be frozen to be used later for a quick meal.

The Recipes



Soups



Hints

Any of the following may be added to any of the soups after cooking: minced onion, minced carrots or celery, minced tomatoes or celery, minced acids slow down the cooking process. For that reason, add tomatoes, wine, vinegar, etc. after the beans are tender.

SOUP

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BEAN SOUP

"A good, filling soup for a winter's day. Serve with rolls, biscuits, cornbread or bread to complete the protein."

*Dried Navy, Great Northern, or Lima Beans	1 1/2 cups, dry
Water	7 cups
Onion	1 medium
Salt	1 teaspoon
Ham Bone or cut-up Ham	1 Bone or 1 cup Ham

1. Sort and wash beans; drain.
2. Put beans and water in pan, bring to a boil and boil for 2 minutes. Remove from heat. Cover and let stand for 1 hour.
3. Chop onion and add to beans.
4. Add salt and ham to beans. Cover and simmer 1½ to 2½ hours or until beans are soft.
5. Remove bone and serve soup. Add more water for a thinner soup.

YIELD: 6 servings

SOURCE: USDA pamphlet FNS-29

*WIC Food

"Use WIC Cheese and Kidney Beans to supply the protein in this hearty soup."

*Dried Kidney Beans	1 cup
Water	4 cups
Butter or Margarine	1/2 cup
Celery, chopped	4 ribs
Onions, chopped	4 medium
Carrots, scraped and chopped	2 large
Green Pepper, chopped	1 cup
Flour	1/2 cup
Chicken Broth	4 cups
Worcestershire Sauce	4 teaspoons
Chili Pepper	1/2 teaspoon
*Apple Juice	1 1/2 cups
*Cheddar Cheese, shredded	3 cups (3/4 lb.)

1. Sort, wash and drain beans.
2. Place beans in large pan, cover with water and either soak overnight or use the quick-soak method. (See page 3.)
3. Drain beans, keeping soaking liquid. Place beans in pan. Add soaking liquid plus extra water to equal 3 cups. Heat to boiling then cover and simmer until beans are tender (1½ to 2 hours).
4. Melt butter in pan; add celery, onions, carrots and green pepper and saute for 5 minutes over low heat. Slowly add flour and cook 1 minute.
5. Gradually add chicken broth, Worcestershire Sauce, chili pepper, and 2 cups of beans. Bring to boil, reduce heat to low, cover and simmer 30 minutes.
6. Stir in the rest of the beans and apple juice. Cook 15 min.
7. Add cheese and stir until it melts.

Yield: 10 servings

Source: Good Housekeeping Magazine

*WIC Food

"Hearty and delicious, a real family pleaser."

*Dried White Beans	2 cups
Beef Bone	1 large
Water	3 quarts
Olive Oil	1/4 cup
Garlic, minced	2 cloves
Rosemary	1/2 teaspoon
Flour	1 tablespoon
Tomato Paste	2 tablespoons
Beef Broth	1 cup
Salt	2 teaspoons
Pepper	1/2 teaspoon
Parsley, minced	2 tablespoons
Macaroni, broken into pieces	1 cup

1. Sort, wash and drain beans.
2. Prepare beans according to one of the methods listed on page 3; drain.
3. Place bone and water in large saucepan. Bring to a boil, cover loosely, turn heat down and simmer for 2 hours.
4. In a small pan, saute garlic in oil 1 minute; add rosemary, flour, tomato paste, salt and pepper; stir until blended.
5. Add to broth; cook, stirring steadily until mixture boils.
6. Add beans; cook 1 hour longer.
7. Add parsley and macaroni pieces; cook 10 minutes or until macaroni is tender.

Yield: 6-8 servings

Source: The Pleasures of Italian Cooking

*WIC Food

*"A hearty, Milanese-style soup -- just right for a frosty day.
Try serving with thick slices of Italian bread for a meal."*

*Dried Kidney Beans	1 cup
Salad Oil	1 tablespoon
Bacon, diced	2 slices
Celery, chopped	1/2 cup
Onion, chopped	1/2 cup
Carrot, grated	1/2 cup
Potatoes, peeled and diced	1 cup
Tomatoes, canned	1 cup
Salt	1 1/2 teaspoons
Pepper	1/2 teaspoon
Beef Broth	6 cups
Cabbage, shredded	1 cup
Rice, uncooked	1/2 cup
Butter	2 tablespoons
*Cheese, grated	1/2 cup

1. Sort, wash and drain beans.
2. Prepare beans according to one of the methods listed on page 3; drain.
3. In a large saucepan brown bacon. When brown, add oil, celery, onions, carrots, potatoes, tomatoes, salt and pepper. Cook 5 minutes.
4. Add broth, cabbage and beans; bring to a boil; turn heat down and cook over low heat 20 minutes.
5. Stir in rice and butter; cook 20 minutes longer.
6. Remove from heat; let stand 5 minutes.
7. Serve with grated cheese sprinkled on top.

Yield: 8 servings

Source: The Pleasures of Italian Cooking

*WIC Food

SPLIT PEA OR LENTIL SOUP

"For a variation, add pieces of cooked ham before cooking and omit the salt, or add milk for a cream pea soup. Serve with bread, rolls or biscuits."

*Dry Split Peas or Lentils	1 cup
Onion, chopped	1 medium
Carrot, sliced	1 large
Celery, chopped	1 rib
Water	4 cups
Salt	1 teaspoon
Margarine	2 tablespoons
Bay Leaf (optional)	1 medium

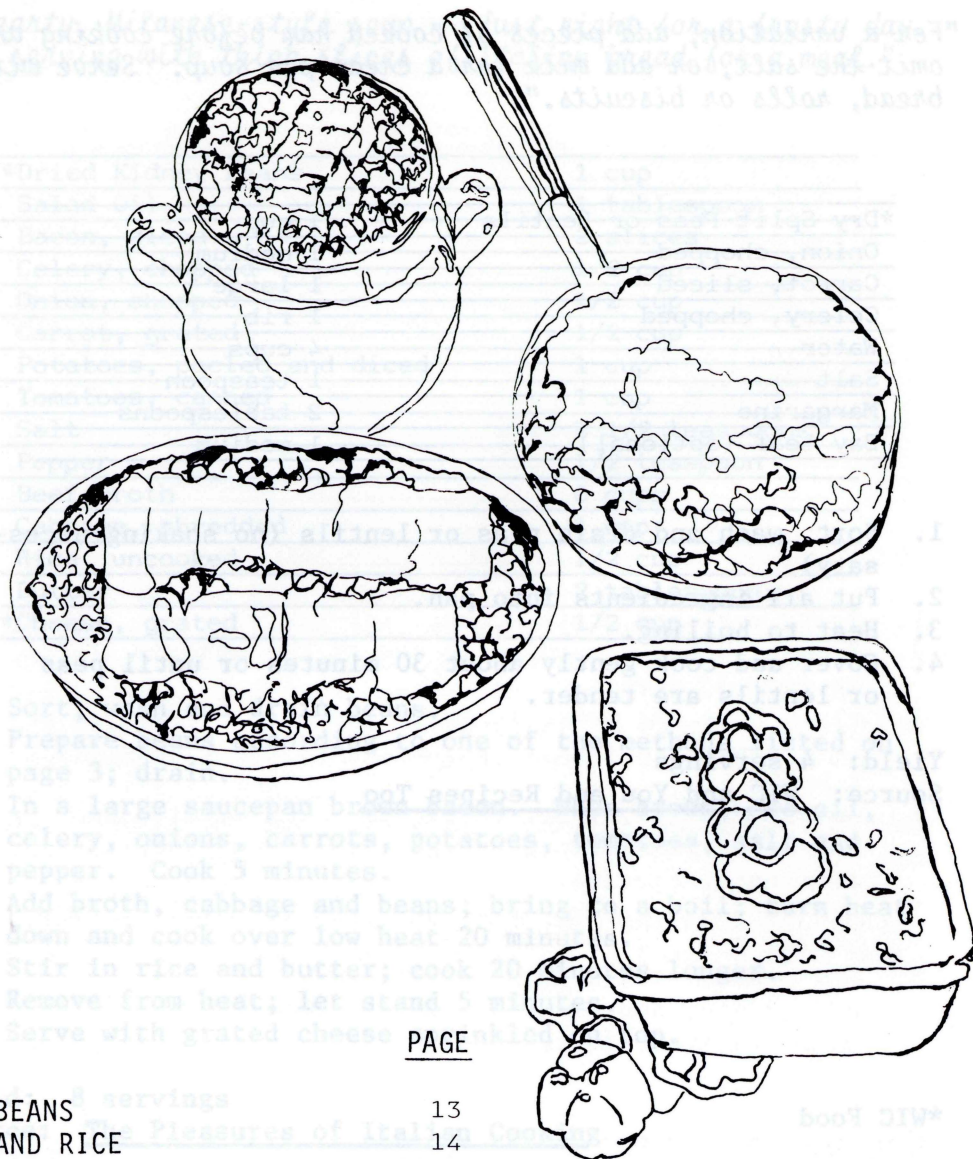
1. Sort, wash and drain peas or lentils (no soaking necessary).
2. Put all ingredients into pan.
3. Heat to boiling.
4. Cover and cook gently about 30 minutes or until peas or lentils are tender.

Yield: 4 servings

Source: WIC and You and Recipes Too

*WIC Food

Casseroles



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BAKED BEANS

"The traditional recipe where you bake the beans for 3 to 4 hours. Serve with brown bread on Saturday night!"

*Dry Navy, Kidney or Lima Beans	1 1/2 cups
Water	2 cups
*Apple Juice	2 cups
Salt	1 teaspoon
Molasses	2 tablespoons
Ketchup	1/2 cup
Vinegar	1/2 teaspoon
Mustard, dried	1 teaspoon
Tomato, diced	1 medium

1. Sort, wash and drain beans.
2. Bring apple juice and water to a boil; add beans and simmer for 2½ hours, until tender.
3. Drain beans, reserve the liquid.
4. Put beans and other ingredients, except tomato, in greased baking dish.
5. Cover and bake at 250° for 3 to 4 hours.
6. Uncover the last hour of baking and add some reserved liquid if beans become dry.
7. 15 minutes before removing beans from oven, add tomato.

Yield: 6 servings

Source: WIC and You and Recipes Too

*WIC Food

RED BEANS AND RICE

"This meal has complete protein by combining the kidney beans with the rice."

*Kidney Beans, dry	1 pound
Water	3 cups
Onion, chopped	1/2 cup
Celery, chopped	1/2 cup
Garlic	1 clove
Butter or Margarine	2 tablespoons
Rice, cooked	2 cups
Parsley, chopped	1 tablespoon
Salt	1/4 teaspoon
Pepper	1/8 teaspoon

1. Wash, sort and drain beans.
2. Soak beans overnight or use the quick-soak method. Cook until tender (about 1½ hours). Drain, saving the liquid.
3. Cook onion, celery, and garlic in fat until tender. Remove garlic.
4. Add remaining ingredients. Add some bean liquid if needed.
5. Simmer together for 5 minutes to blend flavors.

Yield: 6 servings

Source: Food. USDA, 1979 (0-302-627)

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CHEESE BEANS

*"An elegant, yet simple, hearty casserole with a difference.
Delicious with fresh corn bread."*

*Pinto or Kidney Beans, dry	3 cups
Onion, chopped	2 cups
Apples, cut in chunks	2 large
*Cheese, mild white, grated	2 cups
Tomatoes, chopped	4 medium
Dry White Wine	6 tablespoons
Chili Powder	2 teaspoons
Dry Mustard	1 teaspoon
Salt	1/2 teaspoon
Pepper	1/2 teaspoon
Butter or Margarine	2 tablespoons

1. Wash, sort and drain beans. Soak beans in 9 cups water at least 1½ hours. Then cook in water until tender, about 1½ hours.
2. Saute onion in butter until soft and clear.
3. Add chili powder and mustard. Combine cooked beans (make sure they are cooked enough as they won't soften much more as they bake) with sauteed onion mixture.
4. Add remaining ingredients; mix well.
5. Pour into large buttered casserole.
6. Cover and bake at 350° for 35-40 minutes.

Yield: 6 servings

Source: Moosewood Cookbook

*WIC Food

CHILI CON CARNE

"A traditional favorite; serve with rice, cornbread, biscuits or bread to complete the protein."

Onion, chopped	1 large
Green Pepper, chopped	1
Ground Beef	1 pound
Tomato Sauce	3/4 cup
Canned Tomatoes	2 cups
Chili Powder	2 tablespoons
Salt	1 1/2 teaspoons
*Kidney Beans, dry	2 cups

1. Sort, wash, soak and drain dry beans; cook until almost tender. (See page 4.)
2. Crumble ground beef into heated fry pan. Add onion and green pepper.
3. Stir in remainder of ingredients. Simmer for about 45 minutes, until thick.

Yield: 6 servings

Source: USDA pamphlet FNS-29

*WIC Food

"A favorite recipe from the South that uses black-eyed peas.
The peas and rice combination form complete protein."

*Black-Eyed Peas, dry	1 pound
Water	5 cups
Ham Bone	1
Onion, sliced	1 large
Celery, chopped	1 rib
Salt	1 tablespoon
Bay Leaf (optional)	1
Rice, uncooked	1 cup

1. Wash, sort and drain peas.
2. Combine peas and water in pot, bring to a boil and boil for 2 minutes.
3. Remove peas from heat and let stand 1 hour.
4. Add onion, celery, salt, bay leaf, and ham bone. Boil gently for 1/2 hour until peas are almost tender.
5. Add rice; cover and continue to boil gently until rice is tender.

Yield: 6 servings

Source: USDA pamphlet FNS-23

*WIC Food

LENTIL CASSEROLE

"Delicious! Tastes even better on the second day."

*Lentils	2 cups
Tomato Sauce	16 ounces (2 cups)
Stewed Tomatoes	16-ounce can
*Cheddar Cheese	2 cups, grated
Green Peppers	2 chopped
Onions	2 chopped
Oil	2 tablespoons
Basil	1/2 teaspoon
Thyme	1/2 teaspoon
Pepper	1/4 teaspoon
*Grated Cheese	1/4 cup

1. Wash, sort and drain lentils; combine with 6 cups water and cook 30 minutes or until tender. Drain.
2. Cook onions and green peppers in oil until soft.
3. Mix together all ingredients and place in a baking dish.
4. Sprinkle with extra grated cheese (mozzarella can be used).
5. Bake at 350° for 1½ hours.

Yield: 6 servings

*WIC Food

REFRIED BEANS (FRIJOLES)

"A must for Mexican meals. Use as a side dish or serve with a salad -- lettuce, tomatoes, taco sauce, cheese and chopped onion."

*Pinto Beans, dry	1 pound
Water	3 cups
Onion, chopped	1 cup
Garlic, chopped	1 clove
Salt	2 teaspoons
Bacon Drippings (or Oil)	1 cup (more, if needed)

1. Sort, wash and drain beans.
2. Prepare beans by the overnight soak or quick-soak method (see page 3).
3. Add onion, garlic and salt and cook beans until soft, about 2½ hours.
4. Remove from heat, drain and mash beans.
5. Heat oil or drippings in large pan. Add beans and cook, stirring constantly until the beans are hot. Add more reserved bean liquid if needed.

Yield: 6 servings

Source: Good Housekeeping Magazine

*WIC Food

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TOSTADAS

"Kidney beans can also be used in this Mexican dish.
Allow two tostadas per person."

*Dry Pinto Beans	1/2 pound
Salt	1 teaspoon
Vegetable Oil	2 tablepoons
Corn Tortillas	1 dozen
Vegetable Oil	1/2 cup
Lettuce, chopped	1 small head
Tomatoes, chopped	2-3 small
*Cheddar Cheese, shredded	1/2 cup
*Monterey Jack Cheese, shredded	1/2 cup

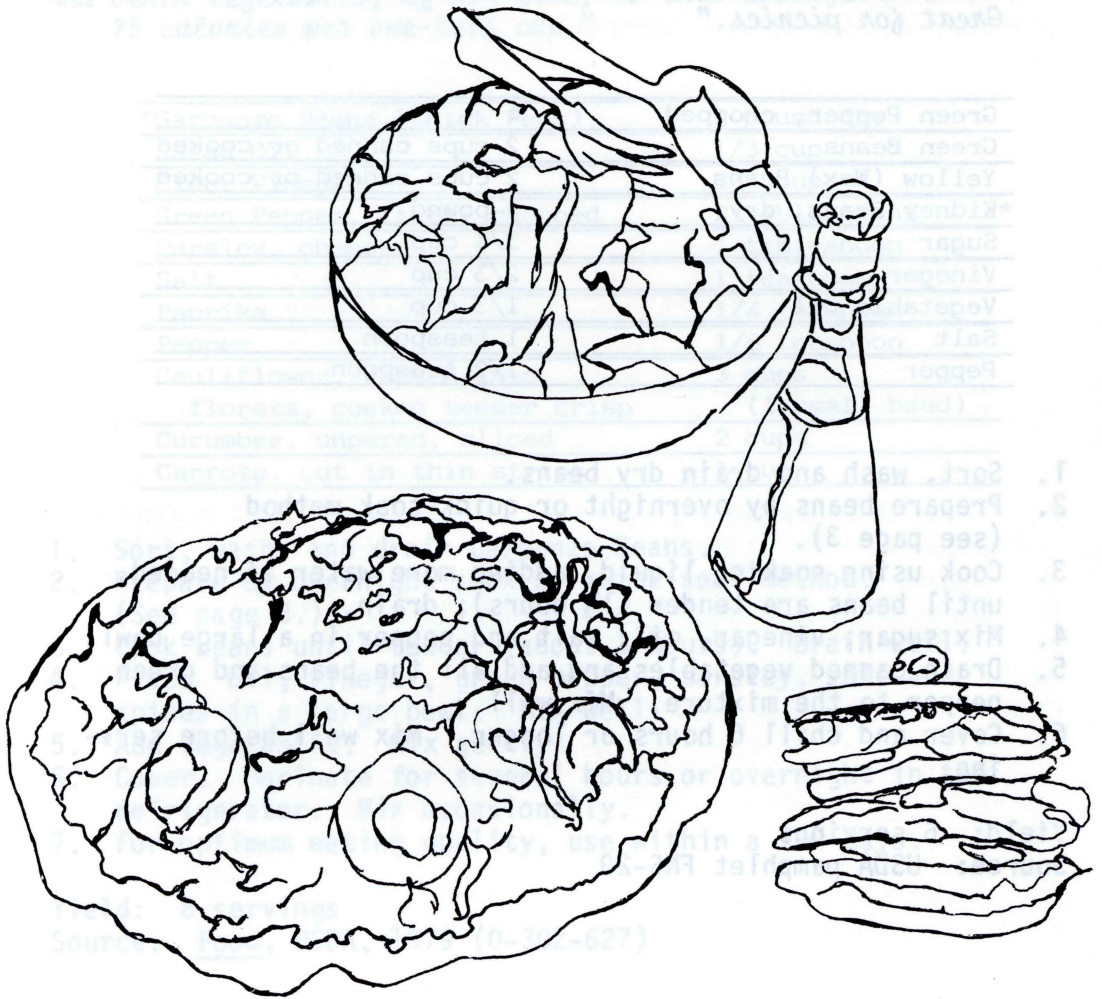
1. Wash, sort and drain beans.
2. Cook the dried beans (see page 3).
3. Fry beans in 2 tablespoons oil until they are tender and browned.
4. Fry tortillas in large pan (using $\frac{1}{2}$ cup oil) until lightly browned. Drain on towel.
5. When all tortillas are fried, spread beans on them. Sprinkle lettuce, tomato and cheese on top.

Yield: 6 servings (2 per person)

Source: WIC and You and Recipes Too

*WIC Food

Sandwiches, Salads, etc.



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3-BEAN SALAD

*"A colorful, favorite salad that is marinated for 6 hours.
Great for picnics."*

Green Pepper, chopped	1
Green Beans	2 cups canned or cooked
Yellow (Wax) Beans	2 cups canned or cooked
*Kidney Beans, dry	1 pound
Sugar	3/4 cup
Vinegar	2/3 cup
Vegetable Oil	1/3 cup
Salt	1 teaspoon
Pepper	1/2 teaspoon

1. Sort, wash and drain dry beans.
2. Prepare beans by overnight or quick-soak method (see page 3).
3. Cook using soaking liquid, adding more water if needed, until beans are tender (1½ hours); drain.
4. Mix sugar, vinegar, oil, salt and pepper in a large bowl.
5. Drain canned vegetables and add all the beans and green pepper to the mixture. Mix well.
6. Cover and chill 6 hours or longer. Mix well before serving.

Yield: 6 servings

Source: USDA pamphlet FNS-29

*WIC Food

MARINATED VEGETABLES

*"Add other vegetables, if you like, to this colorful salad;
75 calories per one-half cup."*

*Garbanzo Beans (Chick Peas)	1 pound dry
Salad Oil	1/3 cup
Cider Vinegar	1/3 cup
Green Pepper, finely chopped	2 tablespoons
Parsley, chopped	1 tablespoon
Salt	1 teaspoon
Paprika	1/4 teaspoon
Pepper	1/8 teaspoon
Cauliflower, broken into florets, cooked tender crisp	3 cups (1 small head)
Cucumber, unpared, sliced	2 cups
Carrots, cut in thin strips	1 cup

1. Sort, wash, and drain Garbanzo Beans.
2. Prepare by overnight soak or quick-soak method.
(See page 3.)
3. Cook beans until tender (about 3 hours). Drain well.
4. Place oil, vinegar, green pepper, parsley, salt and spices in a large bowl. Mix well.
5. Add vegetables. Mix gently.
6. Cover. Marinate for several hours or overnight in the refrigerator. Mix occasionally.
7. For optimum eating quality, use within a few days.

Yield: 8 servings

Source: Food, USDA, 1979 (0-302-627)

*WIC Food

CHILI BEAN DIP

"Use as a dip with taco shells or raw vegetables such as carrots, celery, green peppers, broccoli, cauliflower, etc."

*Kidney Beans, dry	1 pound
Vinegar	1 tablespoon
Chili Powder	3/4 teaspoon
Ground Cumin	1/8 teaspoon
Onion, finely chopped	2 teaspoons
Parsley, chopped	2 teaspoons
Raw Vegetable Sticks	as desired

1. Sort, wash, and drain Kidney Beans.
2. In a large pan, combine beans with 3 cups water. Prepare by quick-soak or overnight method (see page 3).
3. Cook the beans until tender, about 1½ hours; drain.
4. Place drained beans, vinegar, chili powder, and cumin in blender. Blend until smooth.
5. Remove mixture from blender. Stir in onion and parsley.
6. Serve with raw vegetables or taco shells.

Yield: 1-1/3 cups

Source: Food, USDA, 1979 (0-302-627)

*WIC Food

"Use as a dip or taco dip for raw vegetables. Also good as a sandwich spread."

*Garbanzo Beans (Chick Peas), dry	2/3 cup
Onion, minced	1 large
Garlic, minced	1 clove
Lemon Juice	3 tablespoons
Soy Sauce	1 tablespoon
Salt	1/2 teaspoon
Tahini or Sesame Butter	1/4 cup
Sesame Seeds, roasted and ground (optional)	1/2 cup
Oil	3 tablespoons

1. Sort, wash, and drain Chick Peas.
2. Prepare by the overnight soak or quick-soak method or until tender (about 3 hours), adding more water if needed; drain.
3. Combine lemon juice with cooked beans and mash well.
4. Cook onion, garlic, and oil over low heat until tender.
5. Combine mashed Chick Peas, vegetables with the other ingredients and mix well.

Yield: 3 cups

*WIC Food

FALAFEL WITH YOGURT SANDWICH

"A Mideastern sandwich using pocket (Pita) bread. Ask the WIC Nutritionist how to make yogurt using WIC milk."

*Garbanzo Beans (Chick Peas), dry	1 cup
Water	3 cups
Oil	1/4 cup
Garlic, crushed	1 clove
Onion, chopped	1 large
Parsley, chopped	1 sprig
Salt	1 teaspoon
Lemon Juice	2 teaspoons
Hot Pepper Sauce	1/3 teaspoon
Yogurt, plain	1 cup
Onion, chopped	1 small
Pita Bread	4 pockets

1. Sort, wash and drain dried beans.
2. Put beans and water in large pot and soak by the overnight or quick-soak method (see page 3).
3. Cook until tender, about 2 hours. Add more water if necessary. Drain.
4. Slowly heat oil and sauté garlic and onion until tender (5 to 7 minutes).
5. Mash cooked beans, sauteed vegetables, parsley, salt, lemon juice and hot pepper sauce until smooth.
6. With floured hands, form ovals with bean mixture (about 1/4 cup each). Roll in flour.
7. Fry falafel, with the remaining oil in skillet, until golden brown. Drain on paper towel.
8. Combine yogurt with remaining (small) onion.
9. Serve falafel in pocket bread topped with yogurt.

Yield: 4 sandwiches

Source: Good Housekeeping Magazine

*WIC Food

LENTIL BURGERS

"A great change of pace from usual dinner fare. An inexpensive, protein-rich burger."

*Lentils	1 1/4 cups
Water	3 cups
Onion, chopped	1 cup
Carrots, grated	1 cup
Bread Crumbs	3 cups
*Egg	1, beaten
Garlic Salt	1 teaspoon
Oregano	1/2 teaspoon
Salt	1/2 teaspoon
Butter	3 tablespoons
*Cheese	8 slices

1. Wash lentils, add water and bring to boil in large saucepan. Lower heat, cover, cook 15 minutes.
2. Add onions and carrots. Cook 15 minutes more or until lentils are very tender. Remove from heat, cool slightly.
3. Stir in bread crumbs, egg, garlic salt, oregano and salt.
4. Melt butter in large skillet. Drop lentil mixture by one-half cupfuls into hot butter, flattening mounds with spatula. Cook until firm and golden brown on both sides.
5. Top each patty with 1 slice cheese; heat until melted.
6. Garnish with carrot curls.

Yield: 8 servings

*WIC Food

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Yield: 4 sandwiches

Source: Good Housekeeping Magazine

*WIC Food

*WIC Food

THE WIC BEAN BOOK

Other Favorite Recipes:

"The WIC Bean Book" is adapted and reprinted by permission of the WIC Program, Rhode Island Department of Health.

Standards for participation in the WIC Program are the same for everyone regardless of race, color, national origin, age, sex or handicap.

**MISSOURI DEPARTMENT OF HEALTH
Special Supplemental Food Program
for Women, Infants and Children (WIC)**

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